

Attention Senior Clubs and County Council on Aging!

Please complete the following information if your senior citizen club or county council on aging has recently elected new officers. The information should be sent to: Regional Aging Service Program Administrator, Northeast Human Service Center, 151 S. 4th Street, Suite 401, Grand Forks, ND 58201.

NAME AND ADDRESS OF SENIOR ORGANIZATION:

NAME AND ADDRESS OF NEW PRESIDENT:

TELEPHONE NUMBER OF PRESIDENT:

PLEASE SHARE THIS NEWSLETTER WITH YOUR MEMBERS!!!

<h2>Senior Info-line</h2> <p><i>A Free Statewide Source Of Information For Those Caring For Senior Adults.</i></p> <p>The "Senior Info-line" is a FREE, confidential service that can help you locate services to help you care for a loved one. Our information and referral specialists are available 8 a.m. - 5 p.m. (CT), Monday-Friday to assist you. During evening and weekends, you can leave a message so your call can be returned the following business day.</p> <p>The services available to you in North Dakota include:</p> <ul style="list-style-type: none">• Alzheimer's Programs• Home Health Care Organizations• Hospice Programs• Inhome Services• Legal Assistance Offices• Respite Care Programs• Senior Citizens Center Services• Transportation Services• Senior Health Insurance Counseling <p>1-800-451-8693</p> <p>Hours: Monday - Friday, 8 a.m. - 5 p.m. (CT)</p> <p><i>If no answer, leave a message and your call will be returned the next business day.</i></p>	<p>NORTH DAKOTA SENIOR</p>  <p>INFO-LINE 1-800-451-8693</p> <p><small>Sponsored by ND Dept. Of Human Services Aging Services Division</small></p>
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Regional Aging Service Program Administrator
Northeast Human Service Center – Aging Services
151 S. 4th Street, Suite 401
Grand Forks, North Dakota 58201
(701) 795-3000 Toll Free: 1-888-256-6742
Fax (701) 795-3050

RETURN SERVICE REQUESTED



_____ Please correct your mailing list

_____ Please delete my name from list ATTACH THE OLD MAILING LABEL

AGING SERVICES

Volume VIII Number 4

Region IV Serving Grand Forks, Nelson, Pembina & Walsh Counties

Fall 2006

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Aging Services Newsletter

Please share this newsletter with a friend, coworkers, at your senior center, post on a bulletin board, etc....If you wish not to be on the mailing list for the newsletter please call 795-3000 and ask for Patricia Soli. You are welcome to submit any news you may have regarding services and activities that are of interest to seniors in this region. Northeast Human Service Center makes available all services and assistance without regard to race, color, national origin, religion, age, sex or handicap and is subject to Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975 as amended. Northeast Human Service Center is an equal opportunity employer. This publication can be made available in alternate formats.



MISSION STATEMENT:

In a leadership role, Aging Services will actively advocate for individual life choices and develop quality services in response to the needs of vulnerable adults, persons with physical disabilities, and an aging society in North Dakota.

Understanding Diabetes

What is Diabetes?

Insulin is a hormone that pulls sugar from your bloodstream into your cells. Cells use the sugar for energy. Diabetes occurs when your body either doesn't produce enough insulin or becomes less sensitive to insulin, and your body has difficulty pulling sugar from your bloodstream into your cells after you eat.

Health Risks

Poor blood sugar control can lead to:

- Loss of sensation in fingers and toes
- Poor circulation
- Amputations
- Urinary tract infections
- Kidney damage
- Blurry vision or blindness

Increased risk for heart disease

Hypoglycemia (low blood sugar):

- Blood sugar less than 65
- Symptoms: fatigue, weakness, loss of

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coordination

Hyperglycemia (high blood sugar):

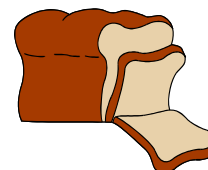
- Blood sugar more than 126

Often there are no symptoms if only moderately high, so check levels often!



What you Eat Affects your Blood Sugar

Carbohydrates cause an increase in blood sugar levels. Carbohydrates are found in milk, yogurt, fruits, grain products, rice, starchy vegetables, and sweets. You need carbohydrates for energy, but make balanced choices for good blood sugar control.



Healthy Habits Will Keep Diabetes in Check

- Follow a carbohydrate meal plan. Talk to your doctor or a dietitian
- Check your blood sugars several times a day
- Eat a variety of fruits, vegetables, whole grains and lean meats or meat substitutes

- Choose small portion sizes
Be physically active everyday



Healthy Cooking: Sesame Asparagus

On a baking sheet, lightly drizzle lemon and olive oil on raw asparagus, and sprinkle with toasted sesame seeds. Place in oven on "broil". Ready in 5 minutes, salt to taste.



**Take
control of your diabetes!**
For more information,
visit: www.diabetes.org

Created by Amanda van Gils and Pauline Williams. Utah State University is an equal opportunity/affirmative action institution.

Nutrition Sites

**Call the Grand Forks
Senior Center
for more information at
701-772-7245 for
Grand Forks and Nelson
counties.**

**Walsh County Nutrition
Program for Walsh County
at 701-284-7999.**



**Pembina County Meals &
Transportation for Pembina
County at 701-454-6586.**

WHAT IS MENTAL HEALTH IN LATER YEARS?

Having good mental health does not ensure having good mental health in later years. One reason is that all people are different. There are no typical senior citizens, no typical situations in which they live, and no typical life-styles. Each person is unique. The elderly may suffer from severe depression, anxiety disorders, Alzheimer's Disease, or other disorders in their senior years of life.

Some studies show elderly people are at greater risk for mental illness and the complications that may be associated with it than are younger people. However, many of those illnesses can be accurately diagnosed and treated. 20 to 25 percent of the elderly in the United States suffer from mental illness. 235 elderly per 100,000 suffer from mental illness. The third highest suicide rate in America is among those 65 years and older, the first being teenagers and the second being middle aged males. About 10,000 older Americans kill themselves each year.

Moderate organic brain disorder afflicts two million elderly in this country and more than 100,000 die of Alzheimer's Disease annually. As the number of aged increase in this country, so will the number of victims.

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Many older people do not understand mental illness or acknowledge that it exists. They feel ashamed of their symptoms and try to hide them. The elderly, their loved ones, friends and often their own doctors fail to recognize

the symptoms of treatable mental illness. They blame these symptoms and behaviors on "Old age" and think nothing can be done to lessen the problems.

CAUSES OF MENTAL ILLNESS IN THE FAMILY

Most older people keep their abilities to learn and think, but some changes are expected to occur.

- **Slowed learning speed** – some people learn slowly. This is often due to physical problems, such as impaired vision, hearing changes, or loss of interest.
- **Memory loss** – minor forgetfulness is common in the elderly. Using their minds is one of the better ways to keep their mental abilities.
- **Organic (physical cause)** – the biggest problem is lack of oxygen to the brain. This is due to arteriosclerosis, strokes, or other problems.
- **Functional (no physical cause)** – some of the elderly suffer thought and mood disorders. These include depression, loss of motivation and interest.
- **Social and Emotional Changes** – the elderly are often lonely. This loneliness is often caused by changes in their lives. Retirement or personal loss is a cause of

loneliness. Physical problems may limit the mobility of the elderly forcing them to spend more time alone.

SYMPTOMS OF MENTAL ILLNESS IN THE ELDERLY

Depression is considered the most common mental disorder in the elderly. Feelings of worthlessness and hopelessness are common. Intellectual problems such as unexplained memory loss or loss of ability to concentrate, confusion, and thoughts of death or suicide are also common. Physical problems, such as loss of appetite, sleeplessness, fatigue, or physical problems that cannot be explained, are further signs of depression.

Dementia, which is characterized by confusion, memory loss, and disorder, is not an inevitable part of growing old. Complications of chronic high blood pressure, blood vessel disease, or a previous stroke can cause dementia. Dementia may also occur in Parkinson's disease, when the disease is severe or advanced.

Pseudodementias (false dementias) may cause the elderly person to become forgetful or confused from conditions other than dementia. These pseudodementias may be reversed when the causes are diagnosed and treated. One cause is medication. The elderly take more medication than any other age group. Medication dosages need to be monitored closely in the elderly. They may forget to take their medication or take more than the prescribed amount. Many problems arise from medication side effects in the elderly. Drug interactions are a major

source of problems, both by prescription and non-prescription drugs.

Malnutrition caused by poor eating habits may also cause a pseudodementia in the elderly. The brain requires a steady supply of proper nutrients. Poor eating habits or problems with digestion can upset the way the brain functions.

Diseases of the heart and lungs can cause confusion. The brain requires oxygen to work properly. If diseased lungs cannot draw enough oxygen into the blood, or a diseased heart fails to pump enough blood to the brain, lack of oxygen can affect the brain and behavior.

Disease of the adrenal gland, thyroid, pituitary or other glands may affect the reasoning and behavior of the mental process.

Alzheimer's Disease is one form of dementia. Alzheimer's Disease has received increased attention in the years since German psychiatrist, Alois Alzheimer, first described it in 1907.

TREATMENT OF

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MENTAL ILLNESS IN LATER YEARS

Many mental problems can be successfully treated. To ensure proper treatment have a professional diagnosis and a medical checkup. Some mental illnesses and their

symptoms can be treated with medications.

It is important for the elderly to have a positive attitude. They need to prepare themselves for physical changes. They need to see their physician regularly. Some mental changes do occur in the elderly, such as minor forgetfulness and slowed learning speed, but using their minds is one of the better ways to keep mentally alert. Staying active is important for mental health. The key is to pursue activities that are interesting and enjoyable.

Remember . . .

Don't ignore noticeable changes in an older person's behavior or moods. These changes could be symptoms of depression, dementia, Alzheimer's Disease, or other conditions for which they should seek help.

The elderly need medical and psychiatric evaluations, which may return an older person to a productive and happy life.

Source. Altru Health System Psychiatry Services, 6012-2007 Feb 03

Vulnerable Adult Protective Services (VAPS)

701-787-8540

GF County Social Services Contract Agency

You can continue to make direct reports or referrals by phone, letter, in person, or fax. Upon receipt, reports or referrals will be screened for service eligibility.

Reports of suspected abuse, neglect, or exploitation of a vulnerable adult can be made by calling GF County Social Services at Phone:

701-787-8540 or
Fax: 701-787-5918.

NUTRITION FOR SENIOR YEARS

Good nutrition habits never get old, they do not go south for the winter, and they can never retire. Research has shown that a good diet in later years helps to reduce your risk for chronic disease and helps manage problems you may already have such as high blood pressure (hypertension), high cholesterol, or diabetes.

If you are well-nourished, you will feel better, recover faster from illnesses, spend less time in the hospital, and may be able to live independently longer than those older people who don't eat well.

What are age-related changes that affect nutrition?

Many changes take place as we grow older. These changes are usually just a part of normal aging, are not a sign of illness, and are different just as each person is different. Our senses change. For example, food may taste and smell differently, we may need glasses, and we may find we don't hear as well.

These losses are neither total nor rapid, but they can affect your food and nutritional intake and health status.

Age-related changes that affect eating and nutrition include:

- ⊙Vision
- ⊙Hearing
- ⊙Taste and smell
- ⊙Thirst
- ⊙Body composition changes

- ◆ Some loss of vision may give you concerns about cooking, especially using a stove or microwave. Difficulty reading food prices, nutrition labels, or recipes may make grocery shopping, food preparation, and eating very challenging.
- ◆ Loss of hearing may make it more difficult to hear servers in restaurants, at meal sites, or in the grocery store.
- ◆ Changes in senses of smell and taste may make eating more challenging. If food doesn't taste appetizing or smell appealing, we don't want to eat it. Older people have fewer taste buds than younger people. Fewer teeth

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make it more difficult to chew foods. And if chewing is impaired by dentures, this will also reduce the ability to taste.

- ◆ Thirst sensation may change. The ability to tell if you have had enough fluids will diminish and may put you at risk for dehydration. As we age, our body composition changes. We

lose muscle tissue, body water, and bone mass, and many of us gain body fat. An important change with aging is that most of us need fewer calories (energy) because our metabolism (the rate the body uses energy) slows down.

This happens mainly because of the loss of the muscle tissue, but also because physical activity is often reduced. This means that we need to eat fewer calories to maintain the same weight and to keep from gaining excess weight.

However, even though we may need fewer calories as we age, there are other changes that can increase our need for nutrients. For example, the stomach does not produce as many digestive enzymes so digestion is slowed. This means that we may need to take in more nutrients to absorb the same amount as we did when we were younger.

How does this fit with the need for fewer calories? It means that the nutritional quality of your diet must be kept high. Remember, too, that including physical activity is also very important to keeping healthy. Try to get some physical activity at least 5 days every week.



What are important nutrients for seniors?

Several nutrients are of special concern as we grow older: Calcium, Vitamin D, Vitamin B12. Fiber and fluids are also very important parts of our diet.

Calcium is a concern as we age, especially for bone health, but also for its role in heart health and possibly colon cancer. Think about adding another serving of milk, yogurt, or other calcium-rich foods, such as broccoli, kale, mustard greens, pinto beans, salmon and sardines canned with the bone, and soy products like tofu to your daily intake. Fortified orange juice and fortified breakfast cereals can also help. To meet your goal of 1200 milligrams per day, start with at least three servings from the milk group, and add calcium from foods such as vegetables and dry beans.

Vitamin D requirements increase as we age. Sunshine does help the process of making vitamin D in your body, but your skin's ability to produce vitamin D decreases with age. Try to get your face in the sun for 20 minutes each day you are able. Fortified low fat or fat-free milk is an excellent source of vitamin D. Your goal is 400 IU per day if you are between 51 and 70 and 600 IU if you are over 70 years of age. Because vitamin D can be toxic at high levels, speak with your doctor or a dietitian before you take a supplement.

Vitamin B12 is found in animal foods such as milk,

yogurt, fish, poultry, and meats, but it's estimated that 10 to 30 percent of older people may have difficulty absorbing it because of decreases in stomach digestive juices. Vitamin B12 is important not only for healthy blood (preventing anemia) but also for proper nerve function. People older than 50 can help meet their vitamin B12 needs by eating foods fortified with B12, such as breakfast cereals. **Before taking a supplement, it is important to talk with your doctor.**

Fiber (the parts of fruits, vegetables and grains that are not digested) not only helps keep you regular, it may also help lower your cholesterol, control blood sugar, and reduce your risk for heart disease and certain cancers. A varied diet of whole grains, such as 100 percent whole-wheat bread, whole-grain muffins or rolls, and brown rice, along with fruits, vegetables, and cooked beans and lentils can help you reach the recommended goal of 20 to 35 grams of dietary fiber every day. Check out nutrition labels to see how

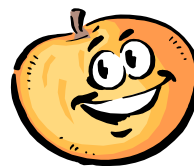
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much is in different foods. Remember too that drinking enough liquids is important when increasing the fiber you eat.

As we age, we need more **fluids and water**. Drinking too few fluids can lead to dehydration, elevated body temperature, and nausea. Fluids are especially

important if you are taking medications. Even though your body may need more water, you may not feel thirsty. Try to drink eight glasses of fluids a day even if you don't feel thirsty. Water is best, but fluids can come from drinking 100% fruit juices, milk, and other beverages, and from foods such as soups and fruit. Decaffeinated beverages are the best choice as those with caffeine may have a slight dehydrating effect. If you do drink regular coffee or tea, do so in moderation. (Source: "The Journey

Through Caregiving", North Dakota State University, Fargo, ND. Funding provided through the Older Americans Act and the ND Family Caregiver Support Program.)



Fiber for Seniors What is Fiber?

Fiber is a complex carbohydrate that does not breakdown during digestion. Fiber is found in plant foods. There are two types of fiber: soluble fiber and insoluble fiber. Soluble fiber is found in fruits and vegetables, dried beans, oats, barley, and rice. Insoluble fiber is often referred to as roughage and is found in wheat, whole grain breads and cereals, fruit and vegetable skins, nuts, and seeds. About 70% of our fiber intake is from insoluble fiber and 30% from soluble fiber.

Fiber Supplements

High fiber foods are usually high in other nutrients as well. It is hard to determine if the benefits from a high fiber diet all actually come from fiber or if other nutrients also contribute. Fiber supplements usually contain only one type of fiber, so eating a variety of different foods containing different types of fiber is a better option.

Increasing Fiber in Your Diet:

- *Read food labels and pick products that are higher in fiber.*
- *Use whole grain flour rather than white flour for baking.*
- *Eat fruits and vegetables with the skin.*
- *Try whole grains like whole wheat, corn, or oats.*
- *Substitute legumes (beans or peanuts) for meat a couple of times a week.*
- *Replace white rice with brown rice.*
- *Eat a high fiber cereal for breakfast or add fruit to your cereal in the morning.*
- *Snack on popcorn instead of potato chips.*
- *Eat romaine lettuce or spinach instead of iceberg lettuce.*

Reading food labels can help you determine how much fiber you are getting in your diet. Foods that contain more than 4 grams of fiber are high fiber foods and foods that contain less than 2 grams of fiber are low fiber foods.



Benefits of eating fiber:

- Increases the feeling of fullness which helps

control appetite and weight

- Decreases the risk of colon cancer

Soluble

- Decreases the risk of heart disease
- Helps manage blood glucose

Insoluble

- Keeps waste products moving through the digestive system
- Reduces the symptoms in some digestive disorders
- Decreases the transit time of food through the digestive tract
- Prevents constipation
- Promotes bowel regularity

When you want to increase fiber in your diet, make sure you do so gradually and drink plenty of fluids to keep it moving through your body. Don't eat all of your fiber for the day in one sitting, spread it out throughout the day.

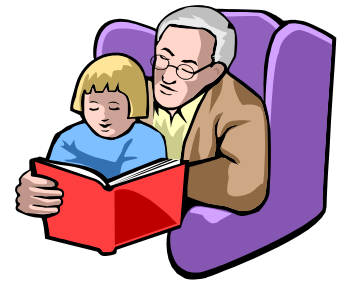


The recommended fiber intake for people over 50 is 21 grams per day for

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women and 30 grams per day for men.

Created by Amanda van Gils and Pauline Williams. Utah State University is an equal opportunity/affirmative action institution.



Foster Grandparents

Sharing a

LIFETIME

of Wisdom

Check out the new web page:

http://www.seniorservice.org/redrivervalley_fgp

**Red River Valley
Foster Grandparent
Program**

**(701) 795-3112 or
888-256-6742**

alzheimer's  association

Minnesota-North Dakota, information, education, friendship and support. To learn more about a support group near you, call the Information 24/7 Information Helpline at 1.800.232.0851 or visit <http://www.alzmdak.org/2familyservices/findingresources.htm-Support%20Groups>.

Retired Senior Volunteer Program (RSVP)

1207 24th Ave. S., Suite 312

Grand Forks, ND 58201

Phone: 701-787-0043

Fax: 701-787-0044

<http://rsvp.ndsu.nodak.edu>

Toll Free: 866-345-RSVP

Program Coordinator: Sandy Brown

Vista: Jolene Seibel

<http://vista.ndsu.nodak.edu/>

The Pension Protection Act Of 2006: Ensuring Greater Retirement Security For American Workers

August 16th, President Bush Signed The Pension Protection Act Of 2006, The Most Sweeping Reform Of America's Pension Laws In Over 30 Years. Last year, President Bush asked Congress to strengthen protections for the pensions American workers rely on, and Congress responded by passing this bipartisan bill.

Every American Has An Interest In Fixing The Pension System.

The Federal government has created an insurance system for businesses offering private pensions, and the insurance is funded by premiums collected from these employers. When some businesses fail to fund their pension plans and are unable to meet obligations to their employees, it puts a strain on the entire pension system. If there is not enough money in the system to cover all the extra costs, American taxpayers could be called on to make up the shortfall.

This Legislation Improves The Pension System And Expands Opportunities To Build Retirement Nest Eggs

The Pension Protection Act Strengthens The Federal Pension Insurance System. The legislation:

- Requires companies that underfund their pension plans to pay additional premiums;
 - Extends a requirement that companies that terminate their pensions provide extra funding for the pension insurance system;
 - Requires that companies measure the obligations of their pension plans more accurately;
 - Closes loopholes that allow under-funded plans to skip pension payments;
 - Raises caps on the amount that employers can put into their pension plans, so they can add more money during good times and build a cushion that can keep their pensions solvent in lean times; and
 - Prevents companies with under-funded pension plans from digging the hole deeper by promising extra benefits to their workers without paying for those promises up front.
- President Bush Has Sent A Clear Message To Businesses Across America That They Must Keep Their Promises To Workers.** Businesses that offer a private pension plan to their employees have a duty to set aside enough money now, so their workers get what they have been promised when

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they retire.

The Pension Protection Act Also Contains Provisions To Help American Workers Who Save For Retirement Through Defined Contribution Plans, Like IRAs And

401(k)s. Defined contribution plans are helping Americans build a society of ownership and financial independence, and this legislation makes it easier for workers to participate in these plans. The legislation:

- Removes barriers that prevent companies from automatically enrolling their employees in defined contribution plans;
- Ensures that workers have more information about the performance of their accounts;
- Provides greater access to professional advice about investing for retirement;
- Gives workers greater control over how their accounts are invested; and
- Makes permanent the higher contribution limits for IRAs and 401(k)s that were passed in 2001, enabling more workers to build larger retirement nest eggs.

To Ensure A More Secure Retirement For All Americans, We Must Also Prepare For The Impact Of The Baby Boom Generation's Retirement On Entitlement Programs Like Social Security And Medicare. Entitlement programs are projected to grow faster than the economy, faster than the population, and faster than the rate of inflation. If we fail to act, Social Security, Medicare, and Medicaid will be almost 60 percent of the entire Federal budget in the year 2030. President Bush continues to call on Congress to meet its duty to reform these programs so we can ensure a secure retirement for all Americans.

ND DHS Energy Assistance Program: LIHEAP

The purpose of the Low Income Home Energy Assistance program is to provide home energy assistance to eligible low income households.

For services call your local County Social Service Office or call the State LIHEAP office at 1-800-755-2716. Hearing impaired: TTY # Rely ND 1-800-366-6888.

Energy Assistance

For more information on energy assistance programs call:

- Grand Forks County Social Services:
(701) 787-8500.
- Red River Valley Community Action:
(701) 746-5431.
- The Salvation Army:
(701) 775-2597.
- St. Vincent de Paul:
(701) 795-8614.

Reach your local energy company at:

- Excel Energy:
(800) 895-4999
(residential customer service).

NoDak Electric Cooperative:
(701) 746-4461.

Taking Care of Yourself - Sharing Helps



Are you a member of any support groups? Try to attend a monthly or weekly meeting with people who share your challenges.

*The Comfort of Home
© 2004 CareTrust Publication 800/565-1533
www.comforttohome.com*



A cat died and went to Heaven. God met her at the gates and said, "You have been a good cat all these years. Anything you want is yours for the asking." The cat thought for a minute and then said, "All my life I lived on a farm and slept on hard wooden floors. I would like a real fluffy pillow to sleep on." God said, "Say no more." Instantly the cat had a huge fluffy pillow. A few days later, six mice were killed in an accident and they all went to Heaven together. God met the mice at the gates with the same offer that He made to the cat. The mice said, "Well, we have had to run all of our lives: from cats, dogs, and even people with brooms! If we could just have some little roller skates, we would not have to run again." God answered, "It is done." All the mice had beautiful little roller

skates.

About a week later, God decided to check on the cat. He found her sound asleep on her fluffy pillow. God gently awakened the cat and asked, "Is everything okay? How have you been doing? Are you happy?"

The cat replied, "Oh, it is WONDERFUL. I have never been so happy in my life. The pillow is so fluffy, and those little "Meals on Wheels" you have been sending over are delicious!"

Foot Care Guidelines

When it comes to foot care, prevention and early detection are the names of the game. There are about 82,000 amputations a year, and half of these individuals end up with amputations of their other leg in 3-5 years. The good news is that 45-85% of all amputations can be prevented with a comprehensive foot program. These tips will help you to sidestep infections, cuts, and other breaks in the skin and to notice any problems that do develop early, so that prompt treatment can be given.



Region IV Health and Wellness Site Schedule

**Grand Forks County:
Greater Grand Forks Senior
Citizens Association,
Grand Forks, ND,
701-772-7245**

Gilby: 3rd Thursday of every other month

Manvel: 2nd Friday of every other month

Northwood: 3rd Friday of every month

Thompson: 2nd Monday of every other month

Nelson County: Home Health Services of Nelson County Health System, McVille, ND, 701-322-4328

Schedules announced regularly with services offered every other month, odd months.

Pembina County: The Diabetes Center of Altru Clinic-Cavalier, Cavalier, ND, 701-265-8338

Cavalier: 2nd Tuesday of every month

Drayton: Last Monday of every month

Neche: mornings, 2nd Monday of every month

Pembina: afternoons, 2nd Monday of every month

St. Thomas: mornings, 3rd Monday of every month

Walhalla: 1st Monday of every month

Walsh County: Home Health Hospice Services of Unity Medical Center, Grafton, ND, 701-352-9399

Grafton: 3rd Tuesday of every month

Park River: 4th Wednesday of every month

Are You Ready?

Just in Case: Emergency Readiness for Older Adults and Caregivers

Although seniors made up only 15% of the population of New Orleans before Hurricanes Katrina and Rita,

according to Knight Ridder, 74% of the hurricane victims were older adults. These events served as a grim reminder that older adults are disproportionately at risk in disaster situations, and emergency preparation is an even greater concern for this population.

The **U.S. Administration on Aging's National Family Caregiver Support Program** and **Caresource Healthcare Communications, Inc.** are pleased to announce the new consumer guide *Just in Case: Emergency Readiness for Older Adults and Caregivers*. This **free consumer resource** includes a **12-page fact sheet and checklist** that will help older adults and caregivers prepare for emergencies. Special emphasis is placed on issues that affect **older adults, disabled persons, and their caregivers** due to **medical conditions, physical challenges, assistive devices, and mobility issues**.

Just in Case presents an easy-to-do three step approach to emergency preparedness:

Step 1 focuses on a **handful of essential things** a person should know

Step 2 covers **emergency supplies, both for surviving at home and for evacuation** if necessary

Step 3 is creating a **personal plan that takes into account**

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a person's own unique

medical and physical needs.

"Just in Case is a valuable and timely resource for older adults and their caregivers. It both encourages personal responsibility and also provides direction to additional assistance in the community, empowering those who go through the steps to prepare themselves and their loved ones in case of an emergency. I think every care professional, senior, and caregiver should read it and share it with clients, families, friends, and anyone else they care about." – Erica Karp, President, GCM Consulting Inc. *Just in Case* is a supplement to *Aging in Stride*, a 380-page guide to healthy aging and effective eldercare. The new supplement is available as a free consumer resource at the *Aging in Stride* website

www.aginginstride.org, on the Administration on Aging's website www.aoa.gov, and included with purchases of the book *Aging in Stride*. *Aging in Stride* is available at www.aginginstride.org or by calling 800-448-5213. Images and press release available in electronic files at www.aginginstride.org/mediacenter.htm. For more information contact: Connie Parsons email: connie@caresource.com phone: 206-625-9128 web: <http://www.caresource.com>

Telephone Numbers to Know

Regional Aging Services Program Administrators
Region I - Karen Quick

1-800-231-7724

Region II - MariDon Sorum

1-888-470-6968

Region III - Donna Olson

1-888-607-8610

Region IV - Patricia Soli

1-888-256-6742



Region V - Sandy Arends

1-888-342-4900

Region VI - Russ Sunderland

1-800-260-1310

Region VII - Cherry Schmidt

1-888-328-2662

Region VIII - Mark Jessor

1-888-227-7525

N.D. Senior Info-Line:

1-800-451-8693

<http://www.ndseniorinfo.com/>

Region IV Aging Services newsletter at the following link:

<http://www.nd.gov/humanservices/info/pubs/aging.html>

Vulnerable Adult Protective Services

Region I & II – Dale Goldade,
Vulnerable Adult Protective
Services, Long Term Care
Ombudsman -

1-888-470-6968

Region III – Ava Boknecht,
Vulnerable Adult Protective
Services, **1-888-607-8610**

Region IV – Vulnerable Adult
Protective Services, Patricia
Soli – **1-888-256-6742.**

Direct referral Grand Forks
County Social Services

VAPS - 701-797-8540.

RaeAnn Johnson, contact for
Vulnerable Adult Team (VAT)
and Education– 1-888-256-
6742. Long Term Care
Ombudsman **1-888-607-8610.**

Region V - Vulnerable Adult
Protective Services, Sandy
Arends - **1-888-342-4900.**

Direct referral may be made
to Cass County Adult
Protective Services unit -
701-241-5747.

Region VI - Russ Sunderland,
Vulnerable Adult Protective
Services - **701-253-6344.**

Region VII - Cherry Schmidt,
Vulnerable Adult Protective
Services - **1-888-328-2662**

Region VIII - Mark Jessor,
Vulnerable Adult Protective
Services & Long Term Care
Ombudsman -
1-888-227-7525

North Dakota New Health Care
Directives Guide on Web site:

[http://www.nd.gov/humanservi
ces/info/pubs/docs/aging-
health-care-directives-
guide.pdf](http://www.nd.gov/humanservices/info/pubs/docs/aging-health-care-directives-guide.pdf)

ND Family Caregiver **Coordinators**

Region I - Karen Quick -
1-800-231-7724

Region II – Theresa Flagstad
– **1-888-470-6968**

Region III - Kim Locker-
Helten – **1-888-607-8610**

Region IV - Raeann Johnson
– **1-888-256-6742**

Region V – LeAnn Thomas-
1-888-342-4900

Region VI-CarrieThompson-
Widmer –**1-800-260-1310**

Region VII - Judy Tschider –
1-888-328-2662

Region VIII – Michelle
Sletvold – **1-888-227-7525**

Other

- Aging Services Division
Office and Senior Info
Line: **1-800-451-8693**
- AARP: **1-888-OUR-AARP**
(**1-888-687-2277**)
- AARP Pharmacy:
1-800-456-2277
- ND Mental Health
Association: **701-255-3692**
- ND Mental Health
Association Help-Line:

Region IV Aging Services Page 11

1-800-472-2911

- NDAD - **IPAT** (Interagency
Program for Assistive
Technology):

1-800-265-4728

- Legal Services of North
Dakota: **1-800-634-5263** or
1-866-621-9886 (for persons
aged 60+)

- Attorney General's Office of
Consumer Protection: **701-**
328-3404 or **1-800-472-2600**

- Social Security
Administration:

1-800-772-1213

- Medicare: **1-800-247-2267/**
1-800-MEDICARE

Toll-Free 800 Information:

(Directory Assistance for 800
number listings):

1-800-555-1212

- Senior Health Insurance
Counseling (SHIC) ND
Insurance Department:
1-701-328-2440
- Prescription Connection:
1-888-575-6611
- Rural Health Updates Lynette
Dickson, CRH program, at
701-777-3848 or
ldickson@medicine.nodak.edu

Region IV: Older

Americans Act (OAA)

Funds Nutrition, Outreach
& Health Maintenance

GREATER GRAND FORKS (GF)

SENIOR CENTER

(Serves Grand Forks and Nelson Counties,
Health Maint. Pembina & GF Counties)

620 4th Avenue South-4534

Grand Forks, ND 58201

(701) 772-7245

WALSH COUNTY NUTRITION **PROGRAM**

Box 620

Park River, ND 58201

(701) 284-7999

PEMBINA COUNTY MEALS AND **SERVICES**

Box 9

Drayton, ND 58225

(701) 454-6586